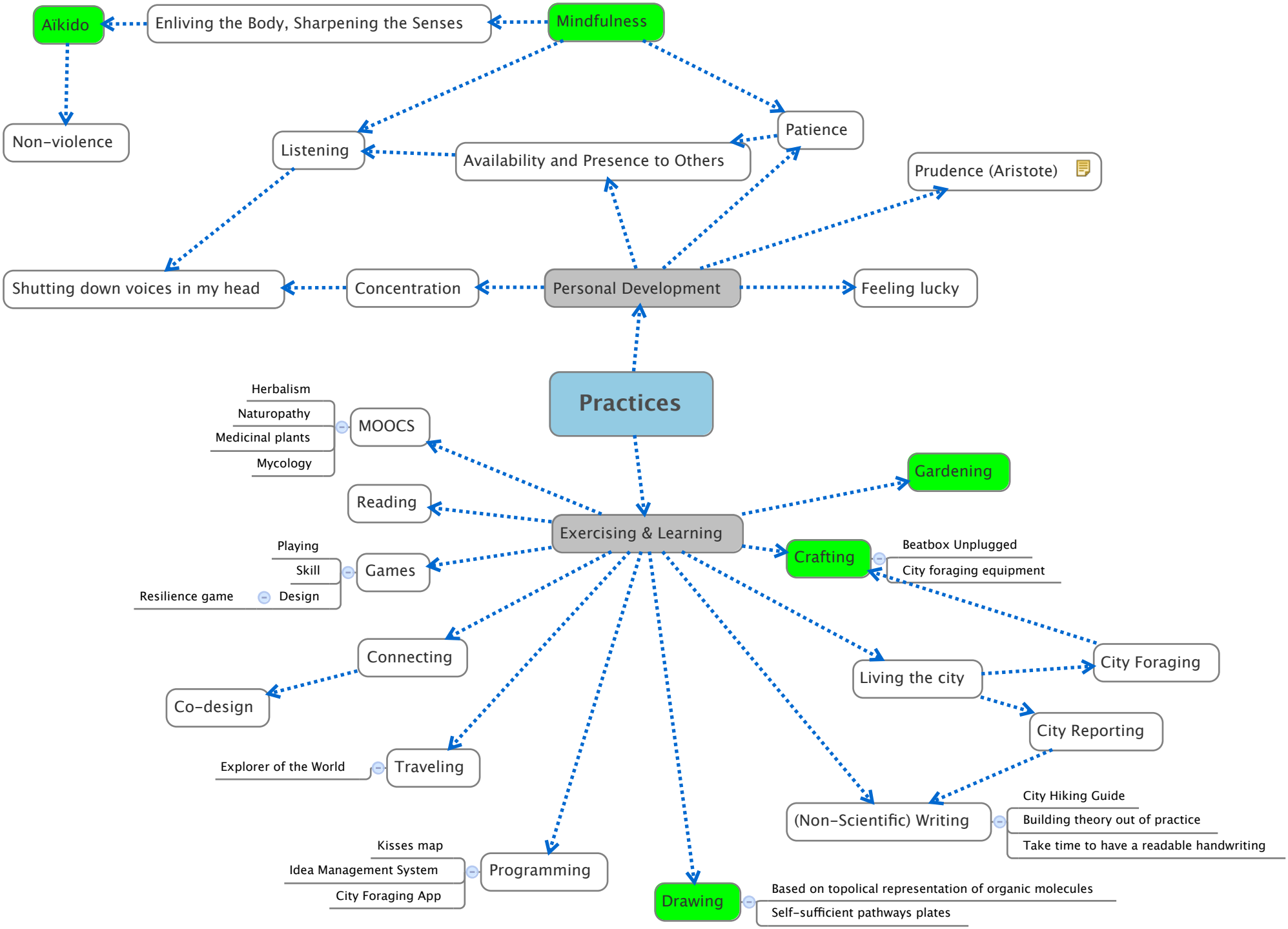
Aïkido
Enliving the Body, Sharpening the Senses
Mindfulness
Non-violence
Listening
Availability and Presence to Others
Patience
Prudence (Aristote)
Shutting down voices in my head
Concentration
Personal Development
Feeling lucky
Practices
Herbalism
Naturopathy
Medicinal plants
Mycology
MOOCS
Gardening
Reading
Exercising & Learning
Playing
Skill
Games
Resilience game
Design
Crafting
Beatbox Unplugged
City foraging equipment
Connecting
Co-design
Living the city
City Foraging
City Reporting
Traveling
Explorer of the World
(Non-Scientific) Writing
City Hiking Guide
Building theory out of practice
Take time to have a readable handwriting
Kisses map
Idea Management System
City Foraging App
Programming
Drawing
Based on topolical representation of organic molecules
Self-sufficient pathways plates